Concept of Self-Control

**Discipline** - loving and corrective training that leads to maturity and responsibility on the part of those who experience it

**Self-Control** - physical and emotional self-mastery, particularly in situations of intense provocation or temptation

Disciplining yourself to do what you know is right and important, although difficult, is the highroad to pride, self-esteem, and personal satisfaction.

- *Margaret Thatcher*

**SELF REFLECTION CHALLENGE**

Who within your team demonstrates great self-discipline

Describe a circumstance that requires self-discipline

What circumstances challenge you to NOT be self-disciplined?

How do you feel when you know you have chosen to be self-disciplined versus taking the easy way out?

What can YOU do to become a more self-disciplined athlete?

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**I will do my part**  
**No matter the situation**  
**To ensure high character**  
**Every minute, hour, and day**  
**Giving of myself**  
**Respecting the sports of Cheer and Dance**  
**Investing in others**  
**To leave All Star and our Program a better place for You**